Study Resolution - Ending Childhood Hunger in Montana

## THE GROWING PROBLEM OF HUNGRY CHILDREN IN THE STATE

## **Emergency Food Provided to Children – Montana Food Bank Network**<sup>1</sup>



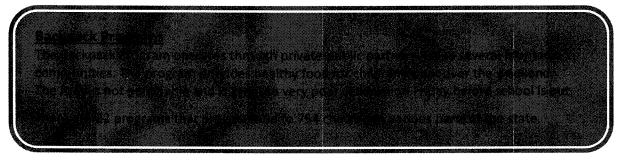
A. Households with children: Number of visits to Montana food banks for emergency food (2007–2010):

2007: 175,291 visits 2008: 236,359 visits 2009: 218,359 visits 2010: 242,838 visits

B. Number of children receiving emergency food (January-June 2009 vs. 2010)

2009: 96,606 children

2010: 143,601 children (48% increase)



## Free and Reduced Price School Meals<sup>2</sup>

- A. Public Schools: 41% of children were eligible for Free and Reduced Price (FRP) meals in 2010. This represents 57,320 children out of a total of 140,144.
- B. Private and Home Schools: Between 14% and 78% of children would be eligible for FRP meals depending on location.





3 http://www.census.gov/

http://mfbn.org

http//opi.mt.gov/Programs/SchoolsPrograms/School Nutrition/

CHILD POVERTY IN MONTANA COUNTIES Under age 18 in poverty, 2008*				FREE & REDUCED PRICE MEALS IN MONTANA SCHOOLS		
Under age	-	•			BY COUNTY	1
	Number of	Percent of	Number of	Percent	e /p t	7-4-1
	children at	children at	children at	Free/Red.	Free/Red.	Total
	100%	100%	200%	Eligible	Eligible	Students
State and County	poverty	poverty	poverty	Students	Students	Enrolled
MONTANA	41,477	19.2	96,820	41.0	57,320	140,144
Beaverhead County	394	22.3	950	35.0	392	1,120
Big Horn County	1,329	32.3	2,677	79.6	1,718	2,159
Blaine County	609	33.2	1,233	65.5	757	1,156
Broadwater County	<b>1</b> 51	16.9	433	38.3	271	707
Carbon County	290	15.6	837	31.1	430	1,385
Carter County	35	18.2	120	48.3	55	114
Cascade County	3,914	19.6	8,864	39.6	4,611	11,687
Chouteau County	229	21.1	672	50.3	310	616
Custer County	527	21.6	1,207	35.4	616	1,738
Daniels County	48	17.8	161	32.1	77	240
Dawson County	262	15.6	749	30.0	359	1,198
Deer Lodge County	370	23.3	848	52.7	580	1,101
Fallon County	73	13.4	215	24.2	108	446
Fergus County	421	20.3	1,117	38.5	622	1,615
Flathead County	3,712	18.1	UK-BANKESTELEN SALOMAKULHERNESTENSFERINGEN.	39.6	5,225	13,199
Gallatin County	2,099	10.8	5,697	25.9	2,788	10,763
Garfield County	78	29.3	number of particular contract and the particular of	38.0	54	142
Glacier County	1,372	33.8	2,875	72.8	1,920	2,639
Golden Valley County	HUNDER CONTRACTOR AND	33.7	LENGTH ADVISOR OF THE PROPERTY	56.5	83	147
Granite County	123	24.5	271	46.6	171	367
Hill County		24.5	colors and with the rest of present distribution before the	59.6	1,812	3,040
Jefferson County	277	12.2	CONTRACTOR TO PROGRAMME AND PARTY.	27.8	437	1,575
Judith Basin County	nerval and a second	27,2		CONTRACTOR OF THE PROPERTY OF THE PROPERTY OF THE PARTY O	en a la company de la comp	295
Lake County	2,139	31.1	4,141	58.7	2,458	4,190
Lewis and Clark County	The section of the se	NOT HER AND	ARTERIOR STATE AND A CONTRACTOR OF THE PARTY	29.2	SHEET OF SHIP SHEET FOR SHEET PROPERTY SHEET	9,484
Liberty County	-,0,1	25.0	CONTRACTOR SECTION AND ADDRESS OF THE PARTY	43.1	94	218
Lincoln County	randon personal de la composition della composit	Publication of the Control of the Co	GET OTHER TEXT OF SELECTION OF THE SELEC	CHECKSON SERVICE SAMPLES OF STATE	CONTRACTOR OF THE CONTRACTOR O	2,593
McCone County	59	18.4	(Get 2019)をおよった人はないないないないないとはかの場合を含む。	37.3	342	916
Madison County	AND ALLERS OF THE SAME DATE OF THE PARTY OF	CONTRACTOR	THE THE ATTENDED TO STATE OF THE STATE OF TH	39.3	TO SHOW WAS DESIGNED TO THE PROPERTY OF THE	257
Meagher County	122	30.4	CANADA CALIFORNIA DE CANADA CALIFORNIA DE CANADA CA	CONTROL OF SHIP AND	128	233
Mineral County	207	27.6	CONTRACTOR	1990/02/02/02/03/03/03/03/03/03/03/03/03/03/03/03/03/	no recognise a recommendation of the second second	627
Missoula County	3,892	27.0 17.5	8,614	NAVAGORANI/OUTER ENBERGES	5,176	13,278
Musselshell County	CONTRACTOR CONTRACTOR	PARTY DESCRIPTION OF THE PROPERTY OF THE PARTY OF THE PAR			Production of the Control of the Con	680
Park County	260 539	E CONTRACTO DE SECURIO DE CONTRACTO DE CONTR	D. C. BALL SUB-STON STON STREET, STREE		The deligination of the second	1,987
Park County  Petroleum County	N. STONE CONTROL THAT MANAGEMENT WITH WHITE WAS A SPECIAL OF	an include years and the results are appropriately	CHARLES AND DESCRIPTION OF THE PROPERTY OF THE	* CONTRACT GAMES DESIGNATION	NORTH STATEMENT OF THE	1,367
TO SERVICE STREET, CONTROLLE SERVICE AND AND AND ADDRESS OF THE GOOD AND ADDRESS OF THE SERVICE AND AD	BICSECTA COLLECTION CONTRACTOR CONTRACTOR	skande ale et ek bleves finanskande betreken stadte betre	salamaticologists, hidrogen-francassardadae.	A TRANSPORTED PROFESSION OF THE PROPERTY OF TH	SATHARDAY CILAR SINA MAZINIMAN	731
Phillips County	179	23.7 24.7			PRESENTATION CONTINUES CON	731 864
Pondera County	341	CONTRACTOR SERVICES SALES CONTRACTOR MANAGEMENT	Chap-excensions on photogengierensem	Control 2012/12/12/19/2012/2013/2013/2013/2013/2013/2013/2013	Bitt Du. 2007 of the stransconcern construction that agreement of	CAMPAGNATURE SPECIAL S
Powder River County	56	CONTROL CONTRO	Service of the servic	THE WAR PROPERTY OF THE PROPER	manufacture compressed to be consisted that the beautiful for the construction of the	296 <b>75</b> 0
Powell County	Court Season Control Control for the Control and Contr	COLORNO CONTRACTOR CONTRACTOR	untarioliti embiliano distributori se respensamento.	- CANDON NEWS TOOLS AND A STREET	GOOD ENGINEERING STORY CONTRACTOR STORY STORY STORY	HAS DOLEST SUBSIGNATION AND STREET HERE.
Prairie County	32	compression action occurs a respectation of the section of	en a successiva anno en	Service and Company Company of Page 1997	THE REPORT OF THE PROPERTY OF	138
Ravalli County	METHOR CHOCKED CO. P. DARCH THE ST. COMB.	The second state of the se	MODERATOR SERVICE CONTRACTOR CONT	6 - 1000 to 2000 holder for the fear core.	CET 1005 244 UNITED DIT MASCHED MASCHINGSON	5,756
Richland County	291	OCICLO COCA, LUTA ACTA DISCOSTA AND ANTICONTRACTOR		A CHARLEST OF CONTRACTOR PROPERTY OF THE CALLES	CONTRACTOR OF THE STATE OF THE	1,587
Roosevelt County	PRINTERSON PROPERTY OF THE PRO	acu-orani, consequentes, consequences acres es	\$7,300 octobritation commenters and proceedings and the	PARTICULAR PROPERTY OF THE PROPERTY OF THE PARTY OF THE P	120%-1500s Sh. Jin 2 (600) r Lichal Gibrate Anne annual an	2,251
Rosebud County	834	anni Auri a se la para de maio antenna de marco	CONTRACTOR OF THE PROPERTY OF	A THE OWNER OF THE PROPERTY OF	CONTRACTOR AND CONTRACTOR CONTRAC	1,827
Sanders County	III CONTRACTOR OF THE PROPERTY OF	Variable referencial modulation and transfer and the second	THE CONTRACT OF THE PARTY OF TH	C 1998 HERSON TO VIND CONNER KNIESKA	THE COURSE CAN ADDRESS OF THE PARTY OF THE P	1,443
Sheridan County	74	Constraint and services are constraint and the cons	CONTRACTOR OF THE PROPERTY OF	- toward reference on order historical states	STANDARD WIND CONCOUNTS WAS A CONTRACTOR OF THE	491
Silver Bow County	- NOCTORA SONO STATE TO SUSTINGUISMENT AND	TOTAL CONTRACTOR - 1003	Paradicines School of Control of	CATALOGUE CONTRACTOR C	COURT OF THE CONTRACT OF THE PROPERTY OF THE P	4,464
Stillwater County	241	manufacture of the control of the co	ACCREMENTATION AND ADDRESS OF THE PROPERTY OF THE	CONTRACTOR	CONTRACTOR OF CHARGOS PARTIES AND	1,387
Sweet Grass County	MATERIA SA RESEA DE SES PROCESORS PARA PARA PARA PARA PARA PARA PARA PA	DOCUMENT REPORT AND ANY OF THE PROPERTY OF THE	Tring Carlos Anna Carlos Carlo		Christian and an annual strangers and an annual strang	524
Teton County	CONCRETE CONTRACTOR AND ADMINISTRATION OF THE CO	TORREST CONTRACTOR OF THE CONT	ANA PANA PANA PANA PANA PANA PANA PANA	TO A STATE OF THE PROPERTY OF THE PARTY OF T	NORTHWEST PROPERTY OF THE PROP	1,148
Toole County	constraint randottal disperimenti di company de la company	lought to the supersupple up to the series of the series o	and the control of th	3 1/1-12/10/20/20/00/2017/4/20/20/20/1/	Child all the control of the control	725
Treasure County	NA CLES NO CONTRACTO A SUR ESTA PROMOCENCA NACA	era aramanamente arana era era esta desemblada.	Anna de como de conserva de como en escolar de como	A CONTRACTOR OF CONTRACTOR CONTRA	CONTRACTOR CONTRACTOR OF CONTRACTOR AND CONTRACTOR	104
Valley County	en a man en	BOLAND SERVICE NOVE NOVE TO A SERVED NO SERVE	makkun pod sitori u odobina sa stori od over disesti sa stori	48.7	TAY A DUTT A CALL OF THE PARTY	1,245
Wheatland County	ranner en comunicación de la cidade de constitución de la comunicación de la comunicación de la comunicación d	del complètes deservate recommenda accommendamento	NO PROPERTY AND LOCATION OF THE COST OF THE PROPERTY	Carrier Control of the Control of th	con sur construent commentence i para recontratable del cha	330
Wibaux County	31	20.8	SERVINE SERVICE AS PROPERTY SHEW STORY FOR PRESENTING REP.	- REPORT CONTRACTOR CO	BALCO MARIPHA CASANTA NACIO MENDE AL MANDE MARIPHA MARIPHA MANDE MARIPHA MARIPHA MANDE MARIPHA MANDE M	140
Yellowstone County	4,910	14.5	12,794	34.84	7,540	21,929

## POVERTY LEVELS FOR A FAMILY OF FOUR:

100% of poverty: \$22,050/year 200% of poverty: \$44,100/year

\*Complied by Census Information Center
MT Dept. of Commerce

\*\*School Nutrition Services
MT Office of Public Instruction

# STUDY RESOLUTION – ENDING CHILDHOOD HUNGER IN MONTANA January 2011

- ❖ There are over <u>92,000 children</u> in Montana who are at risk of experiencing hunger and lack of nutritious food. (USDA Household Food Security Measures 2009).
- ❖ Demand for emergency food at the Montana Food Bank Network has risen from 96,606 visits by children in a six month period in 2009 to 143,601 visits in the same six month period in 2010 an increase of 48%.
- ❖ Poverty in Montana has increased from 14.8% in 2008 to 15.1% in 2009 (US Census Bureau, ACS report 2010).
- ❖ A family of two parents and two children with an income of \$22,050/year or \$1.838/month is at 100% of the Federal poverty level.
- ♦ Out of a total of 219,828 children under age 18 in Montana, more than one five (21.4%) live at 100% of poverty.
- ❖ Of these children, more than one in 10 (10.5%), live at 50% of poverty.
- There is evidence based research to show that chronic lack of healthy food increases the risk of numerous problems including obesity, diabetes, other health problems, negatively impacts academic achievement, ability to finish high school, and increases social and behavioral problems in the school years.
- Children with poor health or reduced academic potential have fewer opportunities to go on to higher education, learn critical employment skills, and are more likely to become dependant on public assistance in their adult lives.

The Study Resolution will seek to understand and explore opportunities to eliminate child hunger in multiple ways:

- 1. Review existing state, federal, local and private programs that provide healthy food to children in various settings schools, child care centers, after school program and out-of-school times to identify gaps in services, identify barriers to accessing programs, and to seek ways to increase participation in programs for eligible children.
- 2. Seek ways for state programs to expand collaboration with local communities, community groups and faith-based groups to work together to promote access to programs, initiate new programs, expand successful programs and create a clearinghouse for program information.
- 3. Seek ways to collaborate with community groups to provide nutrition education, growing one's own food, basic food preparation skills, and food budgeting.
- 4. Promote and expand use of Montana farm products in schools and other facilities with children's programs.
- 5. Identify policy changes needed at the state and federal levels to increase efficiencies, strategic use of public funds, and opportunities for public and private investments in improving nutrition and the future of our children.
- 6. Develop measures of progress that these efforts can bring to ending childhood hunger in Montana.

For further information, contact: Minkie Medora Minkie.medora@gmail.com 406-549-3413

Virginia Mermel mermelca@bresnan.net 406-661-2642 Kate Devino kdevino@mfbn.org 406-721-3825

## School Nutrition Fact Sheet: School Breakfast Program

## **Kids Missing in the Morning!**

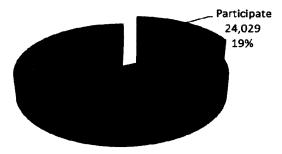
Every morning, kids are missing from schools across Montana. Some are absent, some are tardy, some are just "not there" – distracted by the rumbling in their stomachs as first period drags on and lunch feels like an eternity away. Some have to leave class to visit the nurse because their tummies hurt, and some get sent to the principal because they acted out, made irritable by their hunger.

### A Simple Solution

School breakfasts give kids the nourishment they need to learn. Eating breakfast has been shown to improve test scores and student behavior.

## **Program Availability and Participation**

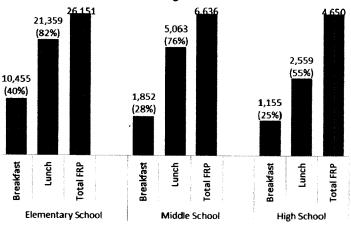
- 159 schools (20%) do not offer breakfast.
- 10% of high-need schools do not offer breakfast.<sup>1</sup>
- 19% of Montana students eat breakfast at school.



## Serving Montana's Most Vulnerable Kids

In Montana's high-need schools, only 36% of students qualifying for free or reduced-price (FRP) meals participate in School Breakfast.<sup>2</sup> Middle and high schools suffer from the lowest participation rates (less than 30%).

## Meal Participation among Free and Reduced Price (FRP) Students at High-Need Schools



#### **NUTRITIONAL BENEFITS OF SCHOOL BREAKFAST**

- Reimbursable meals meet federal nutrition standards.
- Breakfasts served as part of the School Breakfast Program provide one fourth or more of the daily nutrients children need.
- No more than 30 percent of calories in schools breakfasts can come from fat; less than 10 percent can come from saturated fat.
- Research shows that children who have school breakfast eat more fruits, drink more milk, and consume a wider variety of foods than those who don't eat breakfast or have breakfast at home.

#### **EDUCATIONAL BENEFITS**

- Studies conclude that students who eat school breakfast increase their math and reading scores and improve their speed and memory in cognitive tests.
- Research shows that children who eat breakfast at school

   closer to class and test-taking time perform better on
   standardized tests than those who skip breakfast or eat
   breakfast at home.
- "This is not a food service program, it is academic support." —Valerie Addis, Food Services Director, Missoula County Public Schools

### **BEHAVIORAL BENEFITS**

- Students who participate in school breakfast have lower rates of absence and tardiness and exhibit decreased behavioral and psychological problems.
- "One of the biggest changes I saw was with student behavior – issues with paying attention, staying on-task and focused. I have done a lot of interventions with my students, but the thing that made the most significant difference was the School Breakfast Program."
  - Genelle Hocevar, teacher at Chief Joseph Elementary, Great Falls

### **ECONOMIC BENEFITS**

- In these tough economic times with 19% of children living in poverty, school breakfast is more crucial than ever to struggling Montana families.
- If 75% of the free/reduced price students in high-need schools ate school breakfast, Montana schools would receive an additional \$3.3 million in federal funding.

<sup>&</sup>lt;sup>1</sup> Schools with over 40% of students qualifying for free and reduced-price meals are considered high-need.

<sup>&</sup>lt;sup>2</sup> To receive free breakfast, household income must be at or below 130 percent of the federal poverty level; for reduced price, income must be between 130 and 185 percent of the poverty level. For the 2010-2011 school year, 130 percent of the poverty level is \$23,803 per year for a family of three; 185 percent for a family of three is \$33,874 per year.



### Why are Kids not eating School Breakfast?

Barriers to breakfast participation include not getting to school in time to eat before the bell and the stigma of sitting in the cafeteria eating while all the other kids are socializing outside.

### **Alternative Breakfast Options**

The following programs have proven highly effective in dramatically increasing breakfast participation.

- Universal Breakfast Breakfast is offered free to all students. Ideal for schools with 75% or higher FRP
  participation. Universal breakfast is currently offered at 127 sites, including schools, residential child
  care institutions, and attendance centers.
  - When Bryant School in Helena started offering Universal Breakfast, participation increased by 10%.
- **Breakfast in the Classroom** Food is delivered to each classroom and is often combined with attendance-taking and announcements.
  - At Hawthorne School in Missoula, participation increased from less than 30% to nearly 95% once Breakfast in the Classroom was implemented.
- Grab N Go Breakfast is packaged so students can quickly grab it from the cafeteria or carts elsewhere in the school. They eat it in the cafeteria, the classroom or on the school grounds.
  - At Victor School, offering the Grab N Go option increased breakfast participation from 16% to 93%.



## **Policy Recommendations to Increase School Breakfast Participation**

- In districts with high-need schools and low breakfast participation, legislators can partner with the school administration and/or PTA to explore expanded breakfast options.
- Recommend that schools with 40 percent or more free or reduced-price (FRP) students to offer a school breakfast program.
- Fund free universal school breakfast to kindergarten students in districts with 40 percent or more of kindergarten students eligible for FRP school meals.
- Eliminate the co-payment for breakfasts served to K-12 students eligible for reduced-price meals and providing increased reimbursement to schools for every reduced-price breakfast served.
- Create financial incentives for schools to increase breakfast participation, start a new breakfast program, or maintain a 75 percent participation rate.
- Encourage schools to offer nutrition education on the importance of breakfast to physical and mental performance.

## For more information on expanding breakfast options...

OPI School Nutrition Programs: http://opi.mt.gov/Programs/SchoolPrograms/School Nutrition/

USDA Food and Nutrition Service: <a href="http://www.fns.usda.gov/cnd/breakfast/expansion/">http://www.fns.usda.gov/cnd/breakfast/expansion/</a>

**Food Research and Action Center:** 

http://frac.org/federal-foodnutrition-programs/school-breakfast-and-lunch/school-breakfast-program/

Imagine a Montana where every child eats a healthy breakfast.